

## CPR Requirements

**SUBJECT:** Specification of C.P.R. Requirements - Approved Courses

The requirements for certification in Cardio-Pulmonary Resuscitation (C.P.R.) for the purposes of testing at all Virginia certification levels are based upon the current guidelines as referenced in the following:

- U.S.-D.O.T. National Standard Curriculum for the Emergency Medical Technician Basic (1994)
- U.S.-D.O.T. National Standard Curriculum for the First Responder (1995)

These documents base and reference their content to the American Heart Association "Standards for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiac Care (ECC. Revisions of these standards are generally considered as the current accepted practice of C.P.R. on a national basis.

The Virginia Office of EMS requires that all individuals hold current certification in **C.P.R. as a prerequisite** for enrollment in the **EMT-Basic and EMS First Responder Programs** (initial full certification courses). Additionally, those students who eventually request to be tested to gain an initial Basic Life Support certification level must show proof of current training in C.P.R. by presentation at the test site of an EMT-Instructor verified **Individual Skill Performance Record** showing successful course completion. (Current CPR card or official course rosters are also acceptable to verify CPR certification.) As specified in the curricula listed above, completion of an approved course which tests the following skills is required:

- One and Two Rescuer C.P.R. - ADULT and CHILD
- Infant Resuscitation
- Complete Airway Obstruction - Unconscious Victim
- Complete Airway Obstruction - Conscious Victim
- Complete Airway Obstruction - Unconscious Infant
- Complete Airway Obstruction - Conscious/Choking Infant

The current courses which are accepted by the Virginia Office of E.M.S. to meet these standards are:

- American Heart Association - Basic Cardiac Life Support - "Healthcare Provider"
- American Red Cross - "Professional Rescuer"
- American Safety and Health Institute - "CPR-PRO"
- National Safety Council - "Professional Rescuer"